

KY TEACH PROJECT

KY Commission for Children with Special Health Care Needs
982 Eastern Parkway
Louisville, KY 40217

Lee Gordon
Phone: 502-595-4459 x268
1-800-232-1160 x268
Fax: 502-595-4673



EMAIL US!
kytransition@aol.com

*Do you need help finding resources or services in
your area? Here's a website that can help:*
www.kycares.net



Great quotes

"The first sign of maturity is the discovery that the volume knob also turns to the left." -Jerry M. Wright

"Take time to deliberate; but when the time for action arrives, stop thinking and go in. One man with courage makes a majority." - Andrew Jackson

"Of those who say nothing, few are silent." -Thomas Neill

"While we are free to choose our actions, we are not free to choose the consequences of our actions." -Stephen Covey

"Problems are only opportunities in work clothes." -Henry Kaiser

" To dream anything you want to dream: That is the beauty of the human mind. To do anything you want to do: That is the strength of the human will. To trust yourself to test your limits: that is the courage to succeed."

Bernard Edmunds --- Submitted by Fabritzzio Ricci --- Georgia



If you would like to submit an article, a Picture, a joke or riddle, or recipe for the Next newsletter send it to: KY TEACH PROJECT, CSHCN 982 Eastern Parkway Louisville, KY 40217

“ The Secret To Success”

Transition newsletter for Teens

Score The Goal

By G. Johnson



What is next? Where am I going? What will I do “now”? Setting goals is a great habit to form. They help us get what we want. Goals help us to decide on the steps we should take to achieve our desires. They keep us from wasting our energy on actions that do not support our goals. Knowing what your goals are will help you get more done with less effort and helps to focus your actions toward obtaining a desired goal. Setting goals enables you to get what you want and is a large part of success.

In sports scoring points and winning the game is the goal. Making points in a basketball game happens because the players focus on scoring. They have the same goal every game. They try to make every action, every step, result in a point that will go towards winning the game. The team that does the best job of making points win the game. Accomplishing goals is like scoring points in a game. The better you plan your actions the more likely you will achieve your goals. Once you decide on what you want, you can take specific steps that will get you closer to achieving your unique goals. (continued next page)

CCSHCN

FALL 2003

**Kentucky
Commission for CSHCN
Regional Offices and
Phone Numbers:**

- Ashland**
800-650-1329
- Barbourville**
800-348-4279
- Bowling Green**
800-843-5877
- Edgewood**
888-542-4453
- Elizabethtown**
800-995-6982
- Hazard**
800-378-3357
- Hopkinsville**
800-727-9903
- Lexington**
800-817-3874
- Louisville**
800-232-1160
- Morehead**
800-928-3049
- Owensboro**
877-687-7038
- Paducah**
800-443-3651
- Prestonsburg**
800-594-7058
- Somerset**
800-525-4279

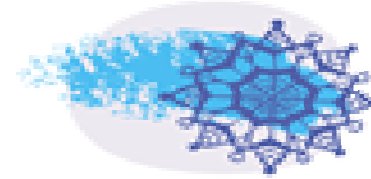
Goals come in many shapes and sizes. Some are big and require many steps and many years to achieve. Some are small and can be accomplished in one day, one hour or a few minutes. Goals can be made for anything. For example, you can make a goal to complete all of your homework and turn it in on time everyday. That is a daily goal that may not be in writing or told to someone but you may still make a commitment. A goal can be to make A's on all of your math tests. To achieve that goal you know that you must study and turn in your homework. Smaller goals are needed to obtain the larger goal.



Sometimes we make goals and we don't even know we made them. We make a decision to do something but no one is made aware of the decision. They normally happen everyday and are very small. The bigger goals we may tell someone or write down so they can be remembered or re-read when we need to refresh our memories and sharpen our focus. Over time we may need to review the big goals to make sure our actions are supporting them.

When a basketball player scores a point a goal is obtained. When you make a commitment to do something and you achieve it, this is also realizing a goal. Setting goals for yourself is a great way to obtain what you want. It will help you prioritize your actions and direct them toward your interests.

You can make excellent use of your resources by acting with direction and take pride in the success of your planning and efforts.



Ice Cream Snowballs

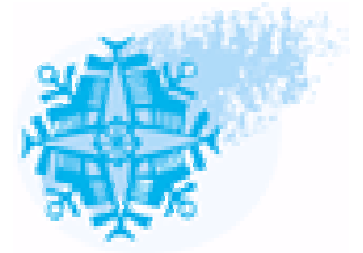
Arjuna Perry

UCSC Library, Circulation/Stacks



The Story Behind the Dish!

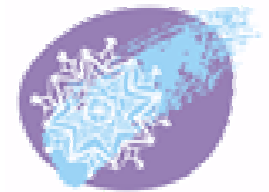
Because I grew up in Santa Cruz and we never had snow at Christmas as in all of the story books, my mother would make us ice cream snowballs for Christmas eve. Easy, fun and certainly in the holiday spirit these snowballs are



a celebration of winter festivities that children will remember forever. I do not know the origins of the Christmas snow ball, just that we have kept the tradition for 27 years now in my family and would never give it up.

Ingredients:

- 1 1/2 gallon vanilla ice cream
- bag of shredded coconut
- several sprigs of fresh mint
- 1/4 cup small fresh cranberries or raspberries
- a package of white, gold or silver candles



Using a large ice cream scoop, place a scoopful of ice cream in a single size serving dish, do this for as many people as you are serving. Let ice cream melt along the outside of the scoop slightly (not enough to puddle in the bottom of the dish) then sprinkle each with shredded coconut, place two mint leaves in the center of the top of each scoop and place three cranberries or raspberries in the center of the mint leaves, forming a holly-like cluster. Place one candle in the center cluster of each ice cream snowball. Place in the freezer for 1/2 hour to an hour before serving. When ready to serve place ice cream snowballs on a tray and light each candle, then singing your favorite christmas carol serve. *Note, when making each snowball you may need to place others in the freezer so that they do not melt further.

CAUTIONARY NOTE: Have adult supervision when lighting or using candles.